

ABSTRACT OF THE DISCLOSURE

A hollow dumbbell includes right and left shells which are connected to each other through a hollow neck member, and which respectively define two accommodation chambers therein adapted for containing liquid to increase the weight of the dumbbell. The neck member defines a passage therein which extends along a longitudinal axis and which has two ends that are in fluid communication with the accommodation chambers, respectively. An access port is provided to permit access to one of the accommodation chambers and the passage. A plug member is detachably inserted into the access port to close the same. A light-related brightening member is disposed in one of the right and left shells and the neck member.